

CANCER PREVENTION DIET

VEGETABLES:

Eat as much as you like. Green leafy and stalky vegetables are excellent, such as: cauliflower, broccoli, asparagus, spinach, green beans, cabbage, mushrooms, brussels sprouts, alfalfa sprouts, bean sprouts, celery, turnips, dill, bell peppers, okra, squash, tomatoes and all raw salad vegetables. Fresh and raw are the best to provide a large amount of bulk. Steamed vegetables are also good. The above vegetables are best for reduction of tumor formation.

FRUITS:

You may have all the fruits you like. Fresh organic, pesticide-free fruits are best and should be eaten with the peel (thoroughly and carefully washed). Include apples, pears, nectarines, apricots, plums, strawberries and other berries, peaches, oranges, grapefruit, cantaloupe, crenshaw melons, papayas, mangoes, pineapple, etc.

PROTEIN:

Fish is the best source of protein, two or more four ounce servings per week. White fleshed fish are best. Fish should be used to replace red meat at most meals.

Meat such as lamb, veal, and fresh pork which are very lean (remove all fat). No more than three servings of four ounces each week. (No ham, bacon or luncheon meat preparations).

Cheeses which are white are preferable, such as: jack, swiss, mozzarella and low fat cottage cheese. Limit cheese intake to two to three ounces per day.

Cereal grains. Eat more of the unrefined whole grain products. These include whole grain breakfast cereal, such as: oatmeal, shredded wheat, millet, buckwheat, as well as, whole wheat, 100% stone ground bread and brown rice. Bran can be sprinkled on top of other dishes and mixed with muffins, soup, etc.

Legumes are excellent sources of vegetable protein. They have good mineral and vitamin content. These include: peas, beans, soybeans and peanuts. (Note: combination of cereal grain and legumes provides high quality complete protein and can be used in place of animal protein for a change).

Nuts are high in vegetable protein and are a good source of vitamins and minerals. To be used with discretion due to high fat content.

FATS AND OILS:

Fats and oils such as corn oil, safflower oil, and butter should be used only in moderation. Cooking with monounsaturated fat such as extra virgin olive oil is best. MCT oil may also be used — Sound Nutrition has flavored MCT oils (butter, olive oil, garlic and plain).



COFFEE AND TEA:

Only (naturally or water process) decaffeinated coffee and herb teas are allowed and should be taken in moderate amounts only. (One to two cups per day.)

JUICES:

All fruit and vegetable juices, preferably fresh. Only natural juices are allowed without sugar and preservatives.

EGGS:

Eggs are allowed in moderate amounts only. (Two to three per week.)

FOOD TO BE AVOIDED:

Highly refined carbohydrate foods such as cakes, cookies, pastries and others made of white flour and sugar. These are deficient in most vitamins and minerals. Calorie content is high but they have little nutritional value and cause a suppression of the immune system.

CHICKEN:

These are being given DES hormone for fast growth and this hormone is known to be a carcinogenic agent. Chickens are a major breeder of progenitor cryptocides (a type of bacterial parasite found to be involved in cancer growth). Chickens are bred in a closed space so they have the tendency to feed on their own excreta. This is why they re-infect themselves with the parasite.

BEEF:

This is also being given DES hormone to build up their muscles and to promote faster growth. Also, beef has a very high content of animal fat.

TURKEY:

These are being fed with hormones and also have a high content of progenitor cryptocides, although less than chicken. They are bred in open spaces and are less apt to feed on their excreta.

PROCESSED MEATS:

Processed meats such as: ham, bacon, frankfurters, corned beef, and different kinds of luncheon meats have a high fat content and contain preservatives, such as nitrites and nitrates.

ORGAN MEATS:

Organ meats such as: liver, sweetbreads and kidneys have a high cholesterol content, although their vitamin and mineral contents are high. Liver is the organ of detoxification and if consumed it should be calves liver only and ingested rarely.

ALCOHOLIC BEVERAGES AND SOFT DRINKS:

Beverages such as: beer, wine, champagne and hard liquor should be avoided as well as all soft drinks including those with artificial sweeteners. These are considered refined carbohydrates in liquid form.

FRUITS:

Grapes, bananas and watermelon should be avoided because of high sugar content.